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December 14, 2018

Sent Via Email

Paxtyn Merten  
MuckRock News  
[65356-76822545@requests.muckrock.com](mailto:65356-76822545@requests.muckrock.com)

**RE: December 13, 2018 Request for Data**

Dear Ms. Merten,

I am following up on your email request related to the District's sexual education curriculum. I have attached a list of key messages regarding the health curriculum and an outline of the human sexuality curriculum. All buildings are required have the outline available at some location for parents or guardians to preview. It is also shared with parents/guardians via a letter sent to the home.

Sincerely,



James Skelly  
Director, Communication & Public Relations

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**SCHOOL BOARD**

Tom Heidemann, Chair   Marci Anderson, Vice Chair   Jeff Simon, Clerk   Bill Harvey, Treasurer   Nicole Hayes, Director   Anna Dirkswager, Director

## **Health**

### **Key Messages:**

- Positive decision making is a component of most health units.
- Each year of study builds from the previous course with attention to mental, physical, and social health.
- All lessons are derived from the National Health Education Standards which have been adopted by the Minnesota Department of Education.
- Anoka-Hennepin has an abstinence-based health curriculum.
- 6<sup>th</sup> grade Health units: Physical Health, Healthy Choices, Chemical Health Prevention, Mental & Social Wellness, Human Growth & Development
- 8<sup>th</sup> grade Health units: Physical Health (including Sexually Transmitted Infection), First Aid, Nutrition, Healthy Relationships & Decision Making, Mental & Emotional Health
- 10<sup>th</sup> grade Health units: Decision Making related to Chemical Health, CPR (eligible for certification), Benefits and Risks related to Personal Health, Mental, Physical & Social Health, Taking Care of Yourself, Nutrition, Sexual Health

## **THE HUMAN SEXUALITY CURRICULUM FOR HEALTH**

Available for Preview  
Updated January 2018

**Human Sexuality Learning Outcome:** The students will understand that personal choices regarding sexuality affect mental, physical, and social well being.

**Human Sexuality Student Learning Targets:**

- I can identify the parts of the male and female reproductive system.
- I can explain reproduction, prenatal development, menstruation, and child birth.
- I can identify diseases of the reproductive system.
- I can explain why abstaining from sex is a good alternative for teens to consider.
- I can identify risks and consequences that go along with being sexually active.
- I know the failure rates of various forms of contraception.
- I can recognize the signs, symptoms, and treatments of most common sexually transmitted infections.
- I can identify characteristics of a Healthy Dating Relationship

**The course content will include:**

1. Consequences of risky behavior.
2. Teaching refusal skills to enhance communication.
3. Knowledge about STI's and HIV/AIDS.
4. The importance of abstinence.
5. Parts of a successful and healthy relationship.
6. Risks associated with teen pregnancy.

Family planning and contraception are addressed, with abstinence highly recommended as the method of choice for teens. Other methods are discussed with the idea of presenting information for future consideration. Both positive and negative features are stressed.

**The goals/objectives include:**

- To provide young people with accurate information about human sexuality. This information is revised and based on the most current research. (STI's, HIV, AIDS, teen pregnancy, reproductive anatomy)
- To help young people develop: Interpersonal skills, communication skills, decision making skills, assertiveness, peer refusal skills, and be able to create a healthy relationship.

## **A breakdown of the 8-10 Day Human Sexuality Unit Lessons might include:**

**Day 1:** Human Sexuality Unit Learning Targets

Male and Female Reproductive Anatomy worksheet

Video: *Life's Greatest Miracle*: Computer animation showing details from conception to birth including prenatal development.

**Day 2:** ~Prenatal Development Powerpoint: 12 months of pregnancy and possible complications

-Video: "Teen Files: The Truth About Sex" This video sends a strong message about abstinence, encouraging it. In this video, teens are forced to face the hard-hitting realities of having sex too young. Teens discuss struggles of becoming parents at such a young age. Also, a woman with AIDS shares her story, emphasizing abstinence.

**Day 3:** Health Education Speaker from Annex teen Clinic present to class using the most current research on Sexually Transmitted Infections (symptoms, effects, prevention, etc.) and Contraception /Birth Control methods (stressing failure rate and how it works). Website: [www.annexteenclinic.org](http://www.annexteenclinic.org)

**Day 4:** HIV Quiz for teens, HIV ? AIDS .ppt: learn what HIV and AIDS stands for and its meaning, lecture on T-cells, Read articles on different theories of how HIV started, if time, read article on a teenage girl living with HIV, "I'm Like You but I have HIV"; and HIV Risk Behaviors Activity: Red light, green light

**Day 5:** Abstinence Resource Speaker: The topic they present is on abstinence. They feel abstinence before marriage is a highly critical message to bring into the public school system while students are young and life-long problems can be avoided with positive decisions in their lives. Website: <http://www.abstinenceresourcecenter.org/>

**Day 6:** Teenage Pregnancy Activities (\$275,000 question: approximate cost a middle class family will spend on their child until they are 18 and the cost of medical treatment for someone with HIV for one year, role plays using refusal skills, pregnancy prevention, risks associated w/ teenage pregnancy, the cost of having a baby, video clip of a teen mom from Anoka Hennepin and her struggles).

**Day 7:** ~Video Clip from the youth performance CO on having "The Talk" (Airplane Exert only)  
~Reducing the Risk Power Point Presentation on facts reviewing all information about teens and abstinence (go through percentages of teens choosing abstinence in High School using updated Minnesota Student Survey and Nationwide Youth Risk Behavior study results STI, Refusal skills, components of a healthy relationship, risks of teen pregnancy, HIV/AIDS, etc.) CPR's of dating relationship activity, risks associated with being sexually active, etc.

**Day 8:** Alexandra House Speaker: The topic they present on is healthy dating relationships including: how to identify the abuse, signs to look for, where to go for help, and key components to a healthy relationship. Website: <https://www.alexandrahouse.org/>

**Day 9:** Abstinence vs. Contraception Worksheet: This lesson is only used as a back-up plan if the speaker from the Annex Teen Clinic is unable to come. Students list in order the most effective to least effective contraceptive methods by using the class text and/or watching a video.  
Video: "It's Your Choice: Birth Control for Teens" and/or "Considering your Options: Information on abstinence and contraceptive choices for teenagers"

**Day 10:** Catch up Day and Go through Human Sexuality Learning Targets and Review for Test